

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Office Closed	2  Breast Cancer Support Group 4:00 pm Art Therapy–Silk Scarf Painting (AG) 1:00 pm	3 Circuit Training (MHW) Art Therapy–Silk Scarf Painting (SM) 9:00 am  Guided Meditation 5:00 pm  Advanced Cancer Support Group 6:00 pm	4 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	5 Fight Against Falls Class (MHW) Vision Board (SM) 1:30 pm
8 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	9 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am	10 Circuit Training (MHW)	11 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Comida para la Vida</i>	12 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
15 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates with Hailey (AG) Knitting Group (SM) 2:00 pm	16 Lymphedema Prevention Exercise (MHW) Empowering Minds Support Group (SM) 9:00 am Nutrition and Exercise Support (SM) 2:00 pm <i>The Power of Protein</i>  Breast Cancer Support Group 4:00 pm Young Women Breast Cancer Group 5:15 pm <i>Galentine's</i>	17 Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am  Advanced Cancer Support Group 6:00 pm	18 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	19 Fight Against Falls Class (MHW)
22 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Relajamos la Mente</i>  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	23 Lymphedema Prevention Exercise (MHW)	24 Circuit Training (MHW)  Cancer Patient Support Group 1:00 pm	25 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	26 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
29 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)	30 Lymphedema Prevention Exercise (MHW)	31 Circuit Training (MHW)		

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February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of activities: Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully; please call with questions.  =Zoom presentation AG =Mission Hope, Arroyo Grande • AHC =Allan Hancock College GB =Grover Beach • MHW =Marian Health & Wellness, Santa Maria SM =Mission Hope, Santa Maria			1 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Look Good Feel Better (SM) 1:00 pm	2 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Make Jewelry Class (SM) 1:30 pm
5 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates with Hailey (AG) Knitting Group (SM) 2:00 pm	6 Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group (in person) 4:00 pm Location TBA	7 Circuit Training (MHW)  Guided Meditation 5:00 pm	8 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Noche de Familia</i>	9 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
12 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	13 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am Nutrition and Exercise Support (SM) 2:00 pm <i>Helping Cancer Prevention through Physical Activity and Nutrition</i>	14 Circuit Training (MHW)  All Blood Cancers Support Group 1:00 pm	15 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	16 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Make Jewelry Class (SM) 1:30 pm
19 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates with Hailey (AG) Knitting Group (SM) 2:00 pm	20 Lymphedema Prevention Exercise (MHW) Empowering Minds Support Group (SM) 9:00 am SPOHNC, AG/Zoom 3:30 pm <i>Jamie Powell, Head and Neck Cancer Survivor</i>  Breast Cancer Support Group 4:00 pm	21 Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am  Advanced Cancer Support Group 6:00 pm	22 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	23 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
26 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Bienvenida a la Primavera</i>  Energy Balancing 11:00 am Young Women Breast Cancer Group (SM) 5:15 pm <i>Creating a Good Luck Charm</i>	27 Lymphedema Prevention Exercise (MHW)	28 Circuit Training (MHW)	29 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	

Questions? Give us a call! SM: 805.219.HOPE (4673) • AG: 805.474.5300 • HCRC: 805.542.6234